



HELP IS AVAILABLE

Self-directed services do not mean participants are on their own in managing the responsibilities. With Personal Choices, participants have resources in the program that can help ensure success. These include:

- **FINANCIAL MANAGEMENT SERVICES AGENCY**

The Financial Management Services Agency (FMSA) serves as a bank and accountant for participants by keeping track of their budget and expenses, paying employees and vendors, and filing taxes for them and their employees.

- **COUNSELING**

A counselor is available for advice as needed throughout enrollment. The counselor will review participants' responsibilities, work with them to develop a personal support plan and individualized budget, provide resources to assist with employee recruitment and training, and connect them to other available resources.

- **REPRESENTATIVES**

Participants may appoint someone they trust to be their representative. For example, a relative or trusted friend can help manage the day-to-day work of an attendant.

- **PERSONAL SUPPORT PLAN**

A personal support plan will be developed to guide each participant in receiving the best results from the Personal Choices program. A counselor will provide tools and assistance needed to develop an effective plan. A personal support plan can be updated if needs or plans change.



This program is part of the Alabama Medicaid Agency's integrated care system for long-term care supportive services.

*For more information about
Personal Choices enrollment,
contact **1-800-AGE-LINE (243-5463)**.*



PERSONAL CHOICES
Putting the power to choose in your hands



Want the Power to Choose?

PERSONAL CHOICES
COULD BE FOR YOU

PERSONAL CHOICES provides self-directed home and community-based services. It is designed to offer seniors and individuals with disabilities more choices and flexibility in the type of care they receive. Clients enrolled in the program can use their allotted budgets to hire someone to help with their care, or they may wish to save money for equipment purchases. Counselors are available to guide them through the process, which includes developing a budget to help manage the funds designated for their care.

CHOICES

- ✓ YOU decide what help you need.
- ✓ YOU decide who provides your services.
- ✓ YOU decide when services are needed.

Personal Choices is a program that allows those receiving services through Medicaid Waivers to self-direct, offering more choice, flexibility, and control in managing their daily lives. Self-direction means having the power to make many of the decisions about their services.

RESPONSIBILITIES

The choice and flexibility offered by Personal Choices come with added responsibilities. Those who participate will be responsible for:

- Using an individual budget to develop a spending plan
- Developing and following a personal support plan
- Hiring and managing their support workers
- Following the Personal Choices requirements

ELIGIBILITY

To be eligible for Personal Choices, an individual must:

- Be a resident of Alabama
- Be currently enrolled in the Elderly and Disabled, Alabama Community Transition, or Technology Assistance waivers, and meet the medical and financial requirements for participation in those waivers

SUCCESS OF SELF-DIRECTED PROGRAMS

Self-directed programs have been tested across the country for many years by the Centers for Medicare and Medicaid Services. Positive outcomes include:

- Reduction of unmet needs
- Positive health outcomes
- Improved quality of life



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